

PRIME TIME NEWS

Mountain View Senior Center

JULY
2010

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SENIOR CENTER HOURS

Monday - Wednesday

8:30 a.m. - 9:00 p.m.

Thursday - Friday

8:30 a.m. - 5:00 p.m.

SENIOR CENTER STAFF

STEVE ACHABAL
Senior Recreation Coordinator

MEGAN GARVERICK
Recreation Coordinator

CYNTHIA SPINELLA
Office Assistant III

SARAH FOSTER
NANCY HUGYIK
JUSTINA LINAN
Recreation Specialist

ELIZABETH MUSSO
Lunch Program
650-964-6586

EVENING BUILDING
ATTENDANTS
Jose DeAnda
Adam Turrey
Rich Stephens
Kari Thorson

Center will be closed on
Monday, July 5th

WORKSHOPS: Please note that space is limited for all workshops and pre-registration is required. To reserve a seat, call the Center at (650) 903-6330 or visit the front desk.

HIRING HELP AT HOME: When you think of in-home care assistance, is there more you would like to know? Since this service itself is improving and expanding beyond its traditional setup, now is a great time to prepare for yourself or your loved ones. Join Cathy Lynch, from the non-profit organization "Pathways", as she talks about how to choose in-home care, payment options, and what to expect when bringing someone into your home.



WHEN: Thursday, July 15th

TIME: 1:00 p.m.

LOCATION: Mountain View Senior Center, Rm TBA



MANAGING THE TROUBLESOME

GUT: What is the most important organ system in the body? The brain? The kidneys? How about the digestive system? If you agree that the lowly digestive system deserves more attention or that yours is troublesome, then join Doctor of Chiropractic Hiro Sugawara as he gives an overview of the digestive system.

WHEN: Thursday, July 22nd

TIME: 1:00 p.m.

LOCATION: Mountain View Senior Center, Rm TBA

GENEALOGY PART II: Tracing family history can be fun and rewarding. It can be a great treasure and a fun puzzle to put everything together. Did you already take a genealogy class on the computer? Sign up with Monica Lipscomb as she helps you get started using the computer for this task. Prerequisite: Basic computer skills and genealogy background. Sign up early as space is limited.

WHEN: Thursday, July 29th

TIME: 1:30 p.m.

LOCATION: MV Senior Center, Tech Rm



WORKSHOPS

City of Mountain View, CSD, Recreation Division

266 Escuela Ave., Mountain View, Ca 94040 (650) 903-6330, www.mountainview.gov

MOVIE MATINEE

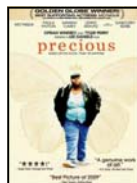
Come to one of our double showings!

WHEN: Tuesdays and Fridays

TIME: 1:00 p.m

WHERE: Multipurpose Room B.

Both screenings will now have captions for the hard-of-hearing, **when available on the DVD**. There is no fee to enjoy these popular movies and seating begins at 12:30 p.m.



PRECIOUS: Tuesday, June 29 and Friday, July 2

RATED: R: Child abuse including sexual assault, and pervasive language

LENGTH: 109 Minutes

DESCRIPTION: Viciously abused by her mother (a riveting, Oscar-winning Mo'Nique) and pregnant by her father, Harlem teen Precious Jones (Oscar nominee Gabourey Sidibe) has an unexpected chance at a different life when she enrolls in an alternative school.



IT'S COMPLICATED: Tuesday, July 6 and Friday, July 9

RATED: R: some drug content and sexuality

LENGTH: 121 Minutes

DESCRIPTION: Ten years after their divorce, Jane (Meryl Streep) and Jake (Alec Baldwin) unite for their son's college graduation and unexpectedly end up sleeping together. But Jake is married, and Jane is embarking on a new romance with her architect, Adam (Steve Martin). Now, she has to sort out her life -- just when she thought she had it all figured out.

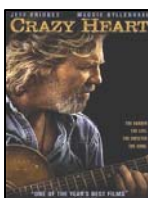


COCO BEFORE CHANEL: Tues, July 13 and Fri, July 16

RATED: PG-13

LENGTH: 110 Minutes

DESCRIPTION: Audrey Tautou stars as legendary French designer Gabrielle "Coco" Chanel in this lively biopic that explores the fashion icon's storied ascension from orphan to seamstress and cabaret singer and ultimately, the queen of Parisian haute couture. Alessandro Nivola plays Arthur "Boy" Capel, Chanel's lover, an influential business investor who makes a lifelong impact on the young woman.



CRAZY HEART: Tuesday, July 20 and Friday, July 23

RATED: R: Language and brief sexuality

LENGTH: 111 Minutes

DESCRIPTION: When reporter Jean Craddock (Oscar nominee Maggie Gyllenhaal) interviews Bad Blake (Oscar winner Jeff Bridges) -- an alcoholic, seen-better-days country music legend -- they connect, and the hard-living crooner sees a possible saving grace in a life with Jean and her young son. But can he leave behind an existence playing in the shadow of Tommy (Colin Farrell), the upstart kid he once mentored?



THE YOUNG VICTORIA: Tues, July 27 and Fri, July 30

RATED: PG

LENGTH: 105 Minutes

DESCRIPTION: Eighteen-year-old British royal Victoria (Emily Blunt) ascends to the throne and is romanced by future husband Prince Albert (Rupert Friend) in this lush period film that chronicles the early years of the British monarch's larger-than-life reign.

****NOTE:** Please bundle up or bring a lap throw with you to the movie. The room is located on the North side of the building, and some people tend to need an extra layer of clothing during the movie.



NEWCOMERS' GROUP - An orientation and tour of the Senior Center is scheduled for **Monday, July 19, 2010 at 2 p.m.** It includes a review of classes, upcoming events, social services & general information. Tour begins in the front lobby.

BIG BINGO IS NOT OCCURRING THIS MONTH DUE TO THE 4TH OF JULY HOLIDAY.



COMPUTER VOLUNTEERS

We have helping hands ready to assist free of charge. For those with basic or higher computer skills who need to be pointed in the right direction, several volunteers are here to help: MON with JUDY 1-3 p.m. 10:30 –12:30 p.m. TUES with Pennie & FRI with RANDY. Come to the computer lab, it's that easy!!



GIVE US YOUR EMAIL - If you would like to receive the *Senior Center Monthly Prime Time News Newsletter* via email, please come to the front desk to give us your name and email address. Newsletters are sent on the last Friday of the month!

BOOKS FOR SALE - Located in the front lobby in the middle stations and on the bookshelves in the far left corner of the lobby, are donated paperback books for sale. Books are 10 cents each and can be paid for at the front desk. Maximum amount to be taken at one time is 5!



DVD COLLECTION - The Senior Center has a variety of DVDs available for check-out at the front desk. You can check out up to five DVDs at a time and have them for one week. Come by the front desk to view our movie selections. We accept DVD donations to add to our collection. Bring them to the Senior Center front desk.

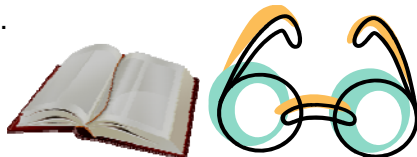
DONATIONS - The Mountain View Senior Center accepts a variety of donations.

ACCEPTING:

Old eyeglasses - Magazines - Paperback books, DVDs

(no romance novels)

FREE TABLE - Located in the game room, you may leave items for others to pick up and enjoy. No perishable or opened items. Small items only!



COMPUTER PRINTER POLICY -

All printouts from the computer lab are **5 cents** per page. Printouts can be picked up at the Senior Center front desk and payment is required at that time.

EXERCISE ROOM CARD



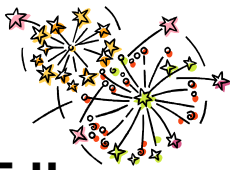
Based on the popularity of the exercise room and the nature of exercising, this room could not function without your patience and understanding. For safety reasons and for the protection of our equipment, please remember that if you do not bring your card, you cannot exercise in the room. All of those without cards will be asked to stop exercising and come to the front desk. If you have never received an exercise card, please come to the front desk and sign up for exercise orientation. Orientation is on Tuesday evenings and Wednesday afternoons. We appreciate your cooperation in the exercise room. **WHEN NOT TO COME TO THE EXERCISE ROOM?** - Staff asks that you allow exercise orientation students to use the room during orientation. You may be asked to leave during the following times: TUESDAYS: 7:00p.m. – 7:30 p.m. and WEDNESDAYS: 2:30p.m. – 3:00 p.m.

SENIOR CENTER TELEVISION

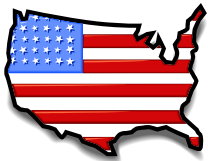
POLICY - In order to maintain a tranquil and pleasant environment, the front lobby television is currently turned on only for major news and sporting events. The Senior Center staff determines a television volume that respects the activities of other patrons in the lobby. Thank you for your cooperation.



SUMMER PICNIC CELEBRATION: DRESS IN RED WHITE AND BLUE !!



We are celebrating the birth of our great nation with a patriotic picnic! This event will take place in Rengstorff Park Picnic Area on **Thursday, July 1st, at 12:00 noon**. There will be lemonade, crisp green salad, baked beans, juicy watermelon, velvety ice cream treats, barbecued polish sausage dogs, challenging trivia questions and fun raffle prizes. Bring your family and friends, everyone will have a blast! \$4.00 in advance, \$6.00 dollars at the door.



Raffle tickets included with each picnic ticket. Last year's summer picnic sold out, so get your ticket soon!

BOOK CLUB - It's not too late to join the Senior Center Book Club!



Meetings are held the second Tuesday of each month (**7/13/10**) in Multi Purpose B from 10:30 – 11:30 a.m. Next book for review is Every Last One by Anna Quindlen. For more info, call 650-903-6330.

COMMUNITY SERVICES AGENCY INFORMATION & REFERRALS

- On the **third Tuesday of each month at 11 a.m.**, representatives from the Community Services Agency of Mountain View and Los Altos will be on-site to answer your questions. You will find them in the hallway in front of the Social Hall. Stop by to ask them about all of the valuable services and resources available to you. No appointment is necessary.



DID YOU KNOW - That the Senior Center's heating and cooling system is electronically controlled? Staff cannot change room temperatures. For energy conservation, the City mandates that room temperatures are between 68 and 74 degrees. Building design and other variables can affect the efficiency of the system. Items like the height of the ceilings, the location of the vents, the amount of window surface area, the condition of the blowers, opening and closing of outside doors and even the temperature outside -especially when the building is shut down- can all affect room temperatures. In order for you to be comfortable, please bring a light jacket or sweater in the summer, and dress in layers in the winter. This will allow you to control your own comfort level. And we ask your cooperation in not propping open the doors or opening windows, because this will cause the equipment to work harder and increase the potential for breakage as well as cause variations in temperatures throughout the building.

SENIOR ADVISORY COMMITTEE

The Senior Advisory Committee acts in an advisory role to the City Council regarding matters pertaining to broader senior issues and operations of the Mountain View Senior Center. Meetings are held on the 3rd Wednesday of each month (except August & December 2010) from 2:00-4:00p.m. Upcoming meetings will be: July 21st, September 15th, October 20th and November 17th.

VOLUNTEER CORNER

JUNE 2010

Blood Pressure	4
Brown Bag	192
Receptionists	194.5
Social Services	49
Teaching	104.75
Total	544.25

HEALTH SERVICES

ALZHEIMER'S SCREENING - Free behavioral screenings offered on the **fourth Wednesday** of each month (**7/28/10**). PLEASE NOTE: this is NOT a medical screening, only a behavioral analysis.

BLOOD PRESSURE CHECK - Come to the counseling room to have your blood pressure checked by volunteer nurses on **Fridays between 10:30-11:30 a.m.**

EYEGLASS REPAIR - Adjustments, repairs, advice. **Second and fourth Tuesday** of each month (**7/13/10 and 7/27/10**).

HICAP - Medical insurance, long-term care, Medicaid & Medigap counseling. **Second and fourth Tuesday** of each month (**7/13/10 - A.M. Appts and 7/27/10 - P.M. Appts**)

HEARING SCREENING - Visit Dr. Tang the **second Tuesday (7/13/10)** of each month.

PODIATRY SCREENING - Free evaluations on **third Wednesday (7/21/10)** of each month. NOTE: Feet are NOT touched in the consultation, only an evaluation.

NOTARY SERVICE - New notary service offered the **first Thursday (7/1/10)** of each month. Appointments available from 9:30-11:30 a.m.

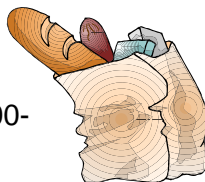
Call Mountain View Senior Center front desk at (650) 903-6330 or visit the front desk for an appointment.

SOCIAL SERVICES

SENIOR ADULT LEGAL ASSISTANCE (SALA) - The **1st and 3rd Thursday (7/1/10, 7/15/10)**. Clients must be 60+ years old and a Santa Clara County resident. Services provided by volunteer attorneys or paralegal personnel. Legal assistance provided for Social Security, Medicare, housing, landlord issues, power of attorney for health care, elder abuse, consumer problems, and simple wills. Call the front desk at (650) 903-6330 for an appointment.

FOOD SERVICES

BROWN BAG - The Second Harvest Food Bank's Brown Bag pick-up and registration is **every Tuesday, starting at 9:30 a.m.** Pre-registration is necessary. Applications may be picked up at the front desk. For more information, please call 1-800-984-3663.



NUTRITION PROGRAM - Lunch is served **Monday - Friday** at 11:45 a.m., sign in by 11:15 a.m. Suggested donation is **\$2.50** and more information can be found on pages 8 and 9. Sponsored by Community Services Agency, (650) 964-6586.

MTA TRANSIT SENIOR CITIZEN CARDS/



STICKERS MTA will be at the Senior Center on **Thursday, July 8** at **10:00 a.m.** to accept applications for discount cards. Seniors 65+ years or persons with qualifying disabilities are eligible. There is a \$3 fee. Bring legal proof of age. Also, a limited number of discount stickers go on sale the 15th of each month. Tickets are sold **Monday-Friday, 8:30 a.m. - noon**. Exact change is necessary. The cost is \$25.00 per sticker. Cash only please. Stickers are also available for sale online at www.mta.org/store.

MTA'S ROUTE 34 - The new route for bus line 34 runs from San Antonio Shopping Center to downtown Mountain View with a stop at the Senior Center. It is vital that this bus line is utilized in order to keep it running. Our community and the seniors need this bus line to come to the Senior Center. Visit mta.org for more info.

AARP DRIVER SAFETY

REFRESHER COURSE - **Tuesday, August 31, 2010 from 6:00 p.m. to 10:00 p.m.** The fee for the refresher driving instruction session is \$12 for AARP members and \$14 for non members. To register, come in or mail a check, payable to AARP, dated the day of the class. Send to the Mountain View Senior Center, P.O. Box 7540 Mtn. View, CA 94039. Cash cannot be accepted.

REGULAR CLASS - AARP Safety Program class offered by AARP at the Mountain View Senior Center is scheduled for **NOVEMBER 9th and 16th from 6:00 p.m. to 10:00 p.m.** The fee for the 8 hour classroom driving instruction session is \$12 for AARP members and \$14 for non-members. To register, come in or mail a check, payable to AARP, dated the first day of the class. Send to the Mountain View Senior Center, P.O. Box 7540 Mtn. View, CA 94039. Cash cannot be accepted. For insurance benefits, contact your insurance carrier directly.

ONLINE - Driver Safety program now available. Visit www.aarp.org for information & to sign up.

LIVING WELL WITH CHRONIC CONDITIONS (A Stanford Self-Management Program)

WHEN: Mon, July 12 - August 16, 2010

TIME: 2:00 p.m - 4:30 p.m

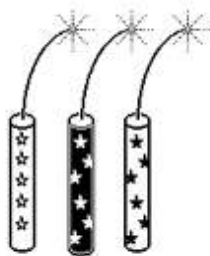
WHERE: Mountain View Senior Center

HOW TO JOIN: Sign up at the Senior Center front desk, 650-903-6330

DESCRIPTION: Participants receive the book *Living a Healthy Life with Chronic Conditions* and Relaxation CD "Time for Healing." Learn how to self-manage your health in this 6-week class. Communicate with family/friends/physicians. Develop and maintain an exercise program. Eat healthy and manage stress. Manage medications appropriately.

SPONSORED: FREE program presented by Stanford Hospital and Clinics.

FOR QUESTIONS: Peggy Simon
650-725-4137 or pesimon@stanfordmed.org



4th of July Word Search

BLUE
CONGRESS
ENGLAND
FIREWORKS
FLAG
FREEDOM
JULY
KING
LIBERTY
PARADE
RED
STATES
TAXES
UNITED
WAR
WHITE

U R L W Z T O G B T
N G U A K I N G S P
I M K R S E T A T S
T A X E S W Y L U J
E M O D E E R F M B
D F Y T R E B I L L
A W E N G L A N D U
R L L Z N W H I T E
A S K R O W E R I F
P J R U C Q L N L B

OLD MEDICATION DISPOSAL LOCATIONS:

Health Clinic- Sunnyvale
660 South Fair Oaks Ave,
Sunnyvale, CA 94086



Regional Water Quality Control Plant
2501 Embarcadero Way, Palo Alto
650-329-2598



2010 SUMMER CONCERT SERIES

Downtown Castro Street, Cuesta and Rengstorff parks will be the backdrop for the unique sights and sounds of the Bay Area's best bands. The FREE Thursday evening concerts are delightful opportunities to enjoy picnic dinners in an entertaining and relaxing atmosphere. Bring a folding chair or blanket to sit on. There is no "fixed" seating at the concert sites. All concerts are from 6:30-8 p.m.

JULY 8, DOWNTOWN: THE SUN KINGS

JULY 15, CUESTA PARK: POP FICTION

JULY 22, DOWNTOWN: FINDING STELLA

AUGUST 5, DOWNTOWN: THE SHANKS

AUGUST 12, RENGSTORFF PARK:
MAZACOTE W/ LOUIS ROMERO

AUGUST 19, DOWNTOWN:
THE SPAZMATICS

SENIOR SERVICES DIRECTORY

This valuable resource is published by Council on Aging. It contains a wide range of information within Santa Clara County geared toward older adults and their families. Topics include Care Management, Financial & Legal, Food & Nutrition, Independent Living, Housing, plus much more. The directories are available for \$3 at the Senior Center front desk.

Referral Information

- Outreach Transportation 408-436-2865
- Social Security Office 1-800-772-1213

Mountain View Seasoned Travelers

**NEW TRAVEL
DESK HOURS**

For travel information, registration and payment:
Monday, Tuesday, Wednesday and Fridays at the front desk, 8:30 a.m.
- 12:00p.m and Thursdays at the travel desk in front of the Social Hall
from 10:00 - 11:45 a.m.



PLAYLAND-NOT-AT-THE-BEACH, El Cerrito

WHEN: Wednesday, July 14

COST: \$92.00 p/p

INCLUDES: Playland offers a unique hands-on opportunity to experience favorite games and activities of the past. Enjoy a hosted lunch at Fenton's Ice Creamery...yum! Then on to a guided tour of the newly renovated historic Fox Theater.

DEPART: 8:30 a.m. from Senior Center

RETURN: Approximately 5:30 p.m.

VILLA CA'TOGA

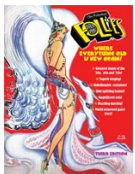
WHEN: Wednesday, October 20, 2010

COST: \$98.00 p/p

INCLUDES: A guided tour of the villa, gardens and grounds of Villa Ca'toga, unique home of artist Carlo Marchiori. Following the tour we'll enjoy a hosted lunch at Brannan's Grill and free time to explore the town of Calistoga.

DEPART: 8:00 a.m. from Rengstorff Park

RETURN: Approximately 6:00 p.m.



FABULOUS PALM SPRING FOLLIES

WHEN: Wed, Dec 1– Fri, Dec 3, 2010

COST: \$580.00 per person

INCLUDES: The annual "Jolly Follies

Christmas Show" will feature guest stars, The Crystals! This great getaway includes a two-night luxury accommodation at the Spa Casino Resort, Fabulous Palm Springs Follies Show, and all meals. Full refund if you need to cancel on or before 11/1/10.

DEPART: 7:30 a.m. from Rengstorff Park, Dec 1st

RETURN: Approximately 6:00 p.m., Dec 3rd

CALLING ALL SF GIANTS FANS!

Giants vs. Arizona Diamondbacks

WHEN: Thurs, September 30, 2010

COST: \$68

INCLUDES: Round trip transportation, Lower Box ticket & driver gratuity.

DEPART: Day Game - Departure TBA

We will let you know August 4th if there is enough interest and how to purchase your tickets.

* Interest list is forming at the front desk now *



Travel Arrangements by Kanen Tours CST # 2095653-50

JACKSON RANCHERIA CASINO

WHEN: Thursday, July 8, 2010

COST: \$33.00 p/p

INCLUDES: Round trip transportation via luxury motor coach and driver's gratuity

DEPART: 7:30 a.m. from Senior Center

RETURN: Approximately 5:30 p.m.

TABLE MOUNTAIN CASINO, Friant

WHEN: Wednesday, August 4, 2010

COST: \$20.00 p/p

INCLUDES: Round trip transportation via luxury motor coach and driver's gratuity. Casino Bonus: \$5 Cash

DEPART: 7:30 a.m. from Senior Center

RETURN: Approximately 5:30 p.m.

FEATHER FALLS CASINO, Oroville

WHEN: Tuesday, September 7, 2010

COST: \$20.00 p/p

INCLUDES: Casino Bonus: \$10 Cash

DEPART: 7:30 a.m. from Rengstorff Park

RETURN: Approximately 5:30 p.m.

BLACK OAK CASINO, Tuolumne

WHEN: Tuesday, October 5, 2010

COST: \$21.00 p/p

INCLUDES: Casino Bonus (\$10 Cash & \$5 Food), round trip transportation via luxury motor coach and driver's gratuity.

DEPART: 7:30 a.m. from Rengstorff Park

RETURN: Approximately 5:30 p.m.

CACHE CREEK CASINO, Brooks

WHEN: Wednesday, November 10, 2010

COST: \$33.00 per person

INCLUDES: Casino Bonus: \$10 Match Play & \$5 Food. Round trip transportation via luxury motor coach and driver's gratuity.

DEPART: 7:30 a.m. from Rengstorff Park

RETURN: Approximately 5:30 p.m.

INFORMATION FOR MORE TRIPS CAN BE FOUND AT THE FLYER STAND NEAR THE FRONT DESK OF THE MOUNTAIN VIEW SENIOR CENTER.

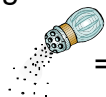
TRAVEL

Mon

Tue

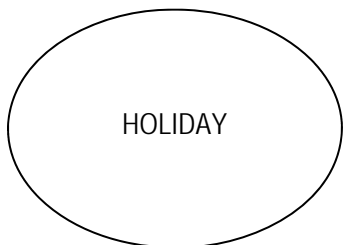
Wed

NUTRITION PROGRAM - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come, first served.



= Meal contains more than 1000mg sodium

5



HOLIDAY

6

11:45 LUNCH MENU
Oven Roasted Chicken Breast w/ Mushroom Gravy
 Brown Rice
 Sautéed Fresh Broccoli, Cauliflower & Carrots
 Oven Browned Potatoes
 Peaches
 Orange
 1:00 Movie, It's Complicated

7

10:30 Line Dancing, lunch room
11:45 LUNCH MENU
Beef Stuffed Bell Pepper
 Hard Boiled Egg
 Marinara Noodles w/ Garlic & Fresh Basil
 Italian Blend Vegetables
 Fresh Fruit
 12:45 Bingo, lunch room

12

10:30 Dancing, lunch room
11:45 LUNCH MENU
Chicken & Cheese Enchiladas
 Mexicali Corn w/ Bell Pepper
 Low-Sodium 100% Vegetable Juice
 Fresh Fruit
 Tapioca Pudding



13

8:30 HICAP
 9:15 Eyeglass Repair
 10:30 Book Club
 11:00 Rebuilding Peninsula speaker, Social Hall
11:45 LUNCH MENU: *Beef Stew*
 Whole Grain Bread, Garden Salad
 Cantaloupe
 1:00 Movie, Coco before Chanel
 2:00 Hearing Screening

14

10:30 Line Dancing, lunch room
11:45 LUNCH MENU
Mediterranean Fish
 Brown Rice Pilaf
 Broccoli & Cauliflower
 Carrot Raisin Salad
 Apricot
 12:45 Bingo, lunch room

19

10:00 Fashion Show
 10:30 Dancing, lunch room
11:45 LUNCH MENU
Spaghetti w/ Meat Sauce
 Marinated Salad
 Sautéed Fresh Broccoli
 100% Fruit Juice
 2:00 Newcomers' Group

20

11:00 CSA Information + Referrals
11:45 LUNCH MENU
Breaded Cod
 Corn Chowder
 Whole Grain Roll
 Sautéed Asparagus
 Oven Browned Potatoes
 Orange
 1:00 Movie, Crazy Heart



21

10:00 Podiatry Screening
 10:30 Line Dancing, lunch room
11:45 LUNCH MENU
BBQ Chicken
 Pasta Salad
 Cauliflower & Carrots
 Apple
 12:45 Bingo, lunch room
 2:00 Senior Advisory Committee Meeting

26

10:30 Dancing, lunch room
11:45 LUNCH MENU
Salmon Stuffed Boats
 Couscous
 Swiss Chard
 Baked Tomato
 Peaches

27

9:15 Eyeglass Repair
11:45 LUNCH MENU
Boneless Pork Chop
 Vegan Split Pea Soup, Whole Grain Muffin, Garden Salad
 Tangerine and Oatmeal Cookie
 1:00 HICAP
 1:00 Movie, The Young Victoria

28

10:30 Line Dancing, lunch room
11:45 LUNCH MENU
Chop Suey w/ Pork
 Fried Brown Rice
 Chilled Broccoli Salad
 Fresh Fruit
 12:30 Alzheimer's Screening
 12:45 Bingo, lunch room

Thu	Fri
<p>1 8:30 Notary Service 11:45 LUNCH MENU <i>Baked Fish w/ Seasonings</i> Whole Grain Roll Seasoned Broccoli Sweet Potatoes Fresh Fruit 12:00 SUMMER PICNIC! 1:00 SALA Appts</p>	<p>2 10:30 Dancing, lunch room 10:30 Blood Pressure 11:45 LUNCH MENU <i>Chicken Noodle Soup</i> Green Salad Squash Whole Wheat Roll Cantaloupe 1:00 Movie, Precious</p>
<p>8 10:00 VTA Cards 10:30 'bout Time Bluegrass Band in the lunch room 11:45 LUNCH MENU <i>Chicken Cordon Bleu w/ Ham</i> Pesto Pasta Green Beans Garden Salad Mandarin Oranges</p>	<p>9 10:30 Dancing, lunch room 10:30 Blood Pressure 11:45 LUNCH MENU <i>Chinese Pepper Steak</i> Brown Rice Oriental Vegetables Spinach Banana 1:00 Movie, It's Complicated</p>
<p>15 11:45 LUNCH MENU <i>Spinach Salad & Black Bean Soup</i> Hard Boiled Egg Whole Grain Muffin Vanilla Yogurt w/ Bananas 1:00 SALA Appts 1:00 WORKSHOP: Hiring Help at Home</p>	<p>16 10:30 Dancing, lunch room 10:30 Blood Pressure 11:45 LUNCH MENU <i>Szechwan Chicken</i> Brown Rice Sautéed Cabbage Green Salad Pineapple Birthday Cake 1:00 Movie, Coco before Chanel</p>
<p>22 11:15 Good Fats vs. Bad Fats presentation, lunch rm 11:45 LUNCH MENU <i>Stuffed Cabbage</i> Brown Rice w/ Baked Veggies, Feta Cheese and Cherry Tomatoes Fruit 1:00 WORKSHOP: Managing the Troublesome Gut</p>	<p>23 10:30 Dancing, lunch room 10:30 Blood Pressure 11:45 LUNCH MENU <i>Egg Frittata</i> Whole Grain Muffin Salad Three Bean Salad Sugar-Free Jello w/ Pineapple 1:00 Movie, Crazy Heart</p>
<p>29 10:30 Dancing, lunch room 11:45 LUNCH MENU <i>Spinach & Cheese Tortellini w/ Tomato Sauce</i> Hard Boiled Egg, Potato Salad Baked Eggplant and Mandarin oranges 1:30 WORKSHOP: Genealogy Part II</p>	<p>30 10:30 Dancing, lunch room 10:30 Blood Pressure 11:45 LUNCH MENU <i>Sesame Orange Chicken</i> Brown Rice Green Salad Orange 1:00 Movie, The Young Victoria</p>

Chicken Scampi II

INGREDIENTS:

1/2 cup butter
1/4 cup olive oil
1 teaspoon dried parsley
1 teaspoon dried basil
1/4 teaspoon dried oregano
3 cloves garlic, minced
3/4 teaspoon salt
1 tablespoon lemon juice
4 boneless chicken breast halves, sliced lengthwise into thirds

DIRECTIONS:

In a skillet heat the butter or margarine and oil over medium high until the butter/ margarine melts. Add the parsley, basil, oregano and garlic and salt and mix together in the skillet. Stir in lemon juice.

Then add the chicken and sauté for about 3 minutes or until white. Lower the heat and cook for about 10 to 15 minutes or until chicken is cooked through and the juices run clear. More butter/margarine can be added if needed.

Prep Time: 5 Minutes

Cook Time: 20 Minutes

Ready In: 25 Minutes



WEEKLY EVENTS

(regularly scheduled classes & events that may occur each week)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 Adaptive Yoga	9:00 Drawing/Watercolor	9:00 Ceramics-Sculpt	8:45 Adaptive Yoga	10:00 Feldenkrais
9:00 Digital Scrapbook	9:00 Lettering	9:00 Digital Scrapbook	10:00 Lifetime in strength	10:30 Computer Help
9:00 Creative Stitchery	9:30 Brown Bag	9:00 Get Connected	10:00 VTA Cards	10:30 Blood Pressure
9:00 Get Connected	10:30 Strong for Life	9:00 Painting Club	10:00 Qigong, Com Ctr	11:45 Lunch
10:15 T'ai Chi	11:45 Lunch	9:30 Chorus	10:00 Trips Desk	1:00 English Conv.
11:45 Lunch	1:00 Karaoke	11:45 Lunch	11:00 Health Library	1:00 Line Dancing
1:00 Bingo, 1st Monday	1:00 Workout/Broadway	1:00 Ceramics-Basic	11:45 Lunch	2:00 Chinese Folk
1:00 Computer help	1:00 Computer Help	1:00 Knitting/Crochet	12:30 Memoirs	2:15 Square Dancing
1:00 Woodcarving	1:00 Low Impact Aerobics	1:15 Orchestra	1:00 Workout/Broadway	
1:00 Lifetime of Strength	2:30 Chinese Chorus	5:30 Qigong	1:00 Low Impact Aerobics	
2:00 Living Well	7:00 Digital Photography	7:00 Chinese Folk Dance	1:00 Fig & Port Drawing	
7:00 Social Dance Club				
7:00 Chinese Folk Dance				

CLASS TIMES AND DAYS ARE SUBJECT TO CHANGE

Class Start and End dates are in the Summer Guide that is located at the front desk.

Registration for the classes that occur at our center takes place through the following agencies:

MV-LA, Mountain View Los Altos Adult Education

Three options for registration:

1. Visit MV-LA at 333 Moffett Blvd
2. Call **(650)-940-1333** with your credit card available.
3. or visit their website to register for this class at www.mvlaae.net

FOOTHILL - Visit the class and the instructor will have the appropriate paperwork to fill out. If you need additional class information you can call **(650)-949-7321**.

VOLUNTEER - These classes are free and there is no need to register.

Please just attend.

IN CLASS - Register for these classes with the class instructor.

Please pick up a Summer Class Guide at the Mountain View Senior Center Front Desk.